



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: September 3, 2003

SUBJECT: Kinship Care

Generations United will host it's next live On-line Expert Chat, "Intercultural Issues and Aspects of Working with Relative Caregivers" on September 16th at 2pm Eastern Time. Members of the aging network and providers of services to relative caregivers are invited to participate. The discussion will include conversation about research and programs on different cultural groups and outreach to such groups. To participate, log on to: <http://www.gu.org/chat/login.asp?chat type=Expert>.

User name: generations Password: guchat

For further information, contact Andre Baldwin at abaldwin@gu.org

The **University of Wisconsin** Extension Service has developed a series of nine fact sheets, "Through the Eyes of a Child-Grandparents Raising Grandchildren". Designed for grandparents raising grandchildren aged birth to 8, the fact sheets focus on grandparents' relationships with the children they are raising. The fact sheets can be downloaded at <http://uwex.edu/relationships>. For further information, contact mary.brintall-peterson@ces.uwex.edu.

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: September 3, 2003

SUBJECT: The Arc of the Northern Shenandoah Valley

The Arc will begin its training year with **The Master Advocate** workshop presented by Daniel Scarborough from The Arc of the United States. The workshop will explore the full range of community-based supports for people with intellectual and developmental disabilities. The training will take place on Saturday, September 27, 2003 from 9:00 AM to 4:00 PM at the Timbrook Public Safety Building on Picadilly Street in Winchester, VA. Parents, grandparents and the developmental disability or aging services professional can benefit from this training. Registration fees are \$10.00 for parents and \$15.00 for professionals. Deadline for registering for is September 22, 2003. To register and obtain further information, contact Lana Hurt, Arc of the Northern Shenandoah Valley at 540-665-0461.

On March 27, 2004, the Arc will host a large parent and professional conference featuring Mr. Scarborough as the facilitator and plenary session speaker. Keynote speaker will be Ms. Julie Stanley, Assistant Commissioner of the Department of Mental Health, Mental Retardation, and Substance Abuse Services (DMHMRSAS) and Coordinator of Virginia's Olmstead Task Force. The theme of the conference is *Sharing Responsibility for a More Inclusive Community*. At this conference a session will be led by Mr. Ed Ansello, Director of The Virginia Center on Aging, on forming area planning and service committees to develop strategies to access community based services for the developmentally and physically disabled. Contact Lana Hurt if you are interested in obtaining a brochure about the March 27, 2004 conference.
E-mail: arcnsv@visuallink.com.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Carol Cooper Driskill

DATE: September 3, 2003

SUBJECT: Influenza Immunizations (or Flu Shots!)

The Division of Immunization at Virginia Department of Health has partnered with Virginia Department for the Aging as part of a statewide immunization initiative. In the near future, each AAA will receive a packet of influenza immunization information, including brochures and video. Information in Spanish is available which I requested for Northern Virginia agencies. Please contact me if your AAAs needs brochures written in Spanish as well.

I hope this information is helpful for your agency and the seniors and caregivers you serve. Please contact me at (804) 662-9319 or cdriskill@vdh.state.va.us with any questions, comments, or concerns.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Disease Prevention & Health Promotion Coordinators

FROM: Carol Cooper Driskill

DATE: September 3, 2003

SUBJECT: September is National Cholesterol Education Month

September is National Cholesterol Education Month! *Know Your Cholesterol Numbers - Know Your Risk* is the theme. An online 2003 National Cholesterol Education Month Kit is available from the National Cholesterol Education Program (NCEP) at <http://hin.nhlbi.nih.gov/cholmonth/>. The National Cholesterol Education Program is part of the National Heart, Lung, and Blood Institute.

This year's kit (only available online) contains a wealth of educational materials, activities and tools to use during September and throughout the year. Kit materials include:

- [Ten great ideas](#) to help promote National Cholesterol Education Month
- Suggestions on [simple steps](#) to reduce the risk of heart disease
- Links to [heart-healthy recipes](#), including African American, Latino, and Stay Young at Heart favorites
- [Questions and answers about the new food label](#) - saturated fat, trans fat, and cholesterol
- [Chart your progress - Reach your goal](#) worksheet to help keep track of cholesterol numbers

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SUBJECT: September is National Cholesterol Education Month
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Research shows that lowering cholesterol can reduce the risk of developing heart disease. The latest guidelines, [*Third Report of the NCEP Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults*](#), also known as Adult Treatment Panel III (ATP III), echo these findings. ATP III calls for better identification of those at high risk for heart disease and more aggressive cholesterol-lowering treatment.

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Service Program Coordinator

DATE: September 3, 2003

SUBJECT: National Family Caregiver Support Program

Mississippi State University Rehabilitation Research and Training Center on Blindness and Low Vision is developing a database of elders who are vision and hearing impaired. They would like to contact these individuals and get their advice on ways to improve transportation options, technology usage, and community integration from the elders' perspective. Funded by the National Institute on Disability and Rehabilitation Research (NIDRR), this five-year project will involve individuals who reside in the United State, are 55+ years old, experienced a hearing or vision loss before age 55 and are currently experiencing a second sensory loss of vision or hearing. For further information, contact Kelly Schaefer at MSU-RRTC, P.O. Box 6189, Mississippi State, MS 39762; PH: 662-325-7825 or by email at schaefer@ra.msstate.edu.

The WELL SPOUSE FOUNDATION is holding their 15th anniversary annual conference, October 24-26, 2003 in Newport Rhode Island. Workshops, sharing and listening sessions will be featured. The Well Spouse Foundation is a national association dedicated to the support of spousal caregivers. For further information visit www.wellspouse.org.

The **Epilepsy Foundation** has commissioned a market research firm to conduct focus groups and telephone interviews with older consumers and family caregivers in the United States. The Foundation wants to gain an understanding of the concerns of older people with seizures/epilepsy and their caregivers. This will enable the Foundation to format its Elderly Initiative program. A flyer is available to help publicize the Foundation's efforts to recruit individuals for its focus groups and interviews. Contact les@caregiving.org for a copy.

SUBJECT: National Family Caregiver Support Program
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The **National Organization for Human Service Education** conference will be held in Nashville, TE on October 8-11, 2003. Early registration deadline is October 1. The conference will feature networking opportunities, forty workshops and well-known keynote speakers such as Dr. John Lachs, Dr. Howard Pollio and Henry Marsh. Further information and registration materials are available at www.nohse.com.

COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Carol Cooper Driskill

DATE: September 3, 2003

SUBJECT: September is National Food Safety Education Month!

September marks the ninth annual National Food Safety Education Month. The theme this year is ***Store It. Don't Ignore It.*** The National Restaurant Association Educational Foundation's International Food Safety Council sponsors national Food Safety Education Month. Goals of the month include:

- Reinforce food safety education and training among restaurant and foodservice workers
- Educate the public to handle and prepare food safely at home - whether cooking from scratch or serving take-out meals and restaurant leftovers

The following web sites are available:

- 2003 National Food Safety Education Month (SM) -
<http://www.foodsafety.gov/september>
- National Restaurant Association Educational Foundation -
<http://www.nraef.org/nfsem/media.asp>

SUBJECT: September is National Food Safety Education Month!
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Attached are additional food safety education resources that I hope you find useful:

- ***Bacteria for Breakfast: How to Prevent Food Poisoning*** – This short article from MSN Family/Health and Safety was originally written for Baby Center. It's an excellent article because seniors are a vulnerable population just like children.
- ***Non-English Language Food Safety Resources Page*** – Information about a link to food safety education materials in languages other than English
- ***Keeping Food Safe During An Emergency*** – Link for a fact sheet from Food Safety and Inspection Service (FSIS) of USDA.
- ***This is the Way We Wash Our Hands, Wash Our Hands, Wash Our Hands...***
– Link for a new hand washing resources page

Please contact me at (804) 662-9319 or cdriskill@vdh.state.va.us with any questions, comments, or concerns.

Bacteria for breakfast: How to prevent food poisoning

Do I really need to worry about food poisoning?

You do if you want to avoid those nasty bouts of cramps, diarrhea, and vomiting. The fact is that most every time you or your child has a stomachache or diarrhea, food poisoning bacteria are the likely culprits. What's more, you may never know what caused it, since symptoms generally take up to two days to appear. Bacteria in food can double in number every 20 minutes at room temperature, and a few thousand is all it takes to lay an adult low. Children may be even more vulnerable to food poisoning because of their small size.

Where do bacteria come from?

You can't see, smell, or taste them, but millions of bacteria are all around you. Most are harmless; some, like *E. coli* and salmonella, are a menace to the digestive system. These bugs may already be present in raw meat, poultry, fish, or eggs -- they thrive on protein -- or you may introduce them yourself if you forget to wash your hands before handling food. They will be happy to infest any kind of food as long as it's moist and warm enough and not too salty or acidic.

Is my kitchen clean enough?

Bacteria can survive on kitchen surfaces for hours and spread to other foods that way, so keep things clean. Be especially careful to wash anything that comes in contact with raw meat or eggs before using it again. (Don't use the same platter to carry both raw and cooked meat to and from the grill, for example.) A thorough scrubbing with hot soapy water is good enough. The new antibacterial cleaners can't do much better. And don't forget to wash your towels often in hot water and sterilize your sponge every few days by throwing it in the dishwasher. Replace the sponge every few weeks.

Won't cooking kill bacteria?

Cooking food to 160 degrees F will kill most bacteria. (Some meats need to be even hotter. Don't guess by the color; use a meat thermometer.) But if the food has been at room temperature for more than two hours, bacteria may have accumulated to dangerous levels and formed heat-resistant toxins that cannot be killed by cooking. Even cooked food can become contaminated this way, so get those leftovers into the fridge as soon as you can.

Is my refrigerator cold enough?

Your fridge should be set no higher than 40 degrees F (again, use a thermometer). Cold slows down the growth of bacteria. Store leftovers in shallow containers so that they'll cool quickly. And don't overstuff your fridge; air has to circulate to keep the food cold. Even at this low temperature, spoilage bacteria will start to go to work on your leftovers within a few days. When in doubt, throw it out!

Fact-checked by the [BabyCenter Editorial Team](#) and approved by our [Medical Advisory Board](#).

MSN Family/Health & Safety

**NEWS FROM THE
USDA/FDA FOODBORNE ILLNESS EDUCATION INFORMATION CENTER**

New and Improved! Non-English Language Food Safety Resources Page

Are you looking for food safety education material in languages other than English? The Center's newly developed Non-English Language Food Safety Resources page is located at: <http://peaches.nal.usda.gov/foodborne/fbindex/NonEnglishResources.asp>. These food safety resource links are in Arabic, Polish, Creole, Italian, Greek, Chinese and a dozen other languages.

By consolidating information from multiple databases and Web sites, this is a convenient one-stop shop for food safety and HACCP training materials, manuals, fact sheets, brochures, signs, forms, and more.

For more food safety information, visit the USDA/FDA Foodborne Illness Education Information Center's Web site at: <http://www.nal.usda.gov/foodborne/>

Keeping Food Safe During An Emergency

Did you know that a flood, fire, national disaster, or the loss of power from high winds, snow, or ice could jeopardize food safety? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of food borne illness.

Food Safety and Inspection Service (FSIS) of United States Department of Agriculture has a fact sheet with information about making food safety decisions during an emergency. Materials are also available in Spanish.

<http://www.foodsafety.gov/~fsg/fsgdisas.html>.

**NEWS FROM THE
USDA/FDA FOODBORNE ILLNESS EDUCATION INFORMATION CENTER**

This is the Way We Wash Our Hands, Wash Our Hands, Wash Our Hands...

<http://peaches.nal.usda.gov/foodborne/fbindex/Handwashing.asp>

This new hand washing Links page includes:

- Curricula, videos and other teaching materials
- Web sites
- Guides, fact sheets and manuals
- Signs, posters and forms
- Slides and videos
- Searches from the PubMed and AGRICOLA databases

For more food safety information, visit the USDA/FDA Food borne Illness Education Information Center Web site at:

<http://www.nal.usda.gov/foodborne/>